

## Essentials of Psychiatric Nursing 2nd Edition Boyd Luebbert Test Bank

### Chapter 1 Mental Health and Mental Disorders

1.

A nursing instructor is describing the *DSM-IV-TR* to a group of nursing students. Which of the following would the instructor include as the primary purpose of this classification?

- A) Provide a commonly understood diagnostic category for clinical practice.
- B) Describe treatment modalities for psychiatric disorders and mental illnesses.
- C) Identify various etiologies for mental disorders based on family histories.
- D) Provide optimal outcomes for treatment for individuals with mental illnesses.

2. A nurse is providing care to a patient with a mental disorder classified by the *DSM-IV-TR*. The nurse understands that although the first three axes appear to contain all the diagnostic information about a patient, a truly accurate picture of the client is incomplete without considering other factors such as an estimate of current functioning and:

- A) Life stressors
- B) Cultural background
- C) Marital status
- D) Genetic history

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- C) Marital status
- D) Genetic history

3. A patient's global assessment functioning reveals that he has minimal symptoms with good functioning in all areas. Which score would the nurse correlate with these

findings?

- A) 94
- B) 82
- C) 75
- D) 63

4. A female patient was admitted to the hospital with pneumonia, and in the course of her treatment, it was determined that she was experiencing alcohol dependence because she began experiencing alcohol withdrawal while she was in the hospital. When the psychiatrist who was called in as a consultant documented the patient's mental disorder, he identified her alcohol dependence on which axis?

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

5. A 25-year-old woman who recently had abdominal surgery was admitted to the psychiatric unit, where it was determined that she had a borderline personality disorder. During the first week on the unit, it was determined that she also has diabetes. Her diabetes mellitus would be listed in which axis of her *DSM-IV-TR* diagnosis?

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

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- C) Axis III
- D) Axis IV

6. As part of a class activity, nursing students are engaged in a small group discussion about the epidemiology of mental illness. Which statement best explains the importance of epidemiology in understanding the impact of mental disorders?

- A) Epidemiology helps promote understanding of the patterns of occurrence associated with mental disorders.
- B) Epidemiology helps explain research findings about the neurophysiology that causes mental disorders.
- C) Epidemiology provides a thorough theoretical explanation of why specific mental disorders occur.
- D) Epidemiology predicts when a specific psychiatric client will recover from a specific mental disorder.

7. A nurse is working in a community mental health center that provides care to a large population of Asian descent. When developing programs for this community, which of the following would be most important for the nurse to address?

- A) Public stigma
- B) Self-stigma
- C) Label avoidance
- D) Negative life events

8. A group of students are reviewing the multiaxial diagnostic system of the *DSM-IV-TR*. The students demonstrate understanding of the axes when they identify that each axis represents which of the following?

- A) An evidence-based research finding
- B) An experimental design to guide care
- C) A domain of information
- D) A laboratory test finding

9. A nursing student is assigned to care for a patient diagnosed with schizophrenia. When talking about this

patient in a clinical postconference, the student would use which terminology when referring to the patient?

- A) Committed patient
- B) Schizophrenic
- C) Schizophrenic patient
- D) Person with schizophrenia

10.

Mrs. Green is a patient on a psychiatric unit. At the time of her admission, her dog was killed when a car accidentally ran over it; in addition to that, she just found out that her mother has been diagnosed with colon cancer. This information would be addressed in which *DSM-IV* axis?

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

11.

A nursing student is reviewing journal articles about major depression. One of the articles describes the number of persons newly diagnosed with the disorder during the past year. The student interprets this as which of the following?

- A) Rate
- B) Prevalence
- C) Point prevalence
- D) Incidence

12.

While working in a community mental health treatment center, the nurse overhears one of the receptionists saying that one of the patients is really psycho. Later in the day, the nurse talks with the receptionist about the comment. This action by the nurse demonstrates an attempt to

address which issue?

- A) Lack of knowledge
- B) Public stigma
- C) Label avoidance
- D) Self-stigma

13.

After teaching a group of students about mental health and mental illness, the instructor determines that the teaching was successful when the group identifies which of the following as reflecting mental disorders?

- A) Capacity to interact with others
- B) Ability to deal with ordinary stress
- C) Alteration in mood or thinking
- D) Lack of impaired functioning

14.

A nurse is preparing a presentation for a local community group about mental disorders and plans to include how mental disorders are different from medical disorders.

Which statement would be most appropriate for the nurse to include?

- A) Mental disorders are defined by an underlying biological pathology.
- B) Numerous laboratory tests are used to aid in the diagnosis of mental disorders.
- C) Cluster of behaviors, thoughts, and feelings characterize mental disorders.
- D) Manifestations of mental disorders are within normal, expected parameters.

15.

Which of the following would a nurse identify as being categorized as Axis I in the *DSM-IV-TR*? Select all that apply.

- A) Paranoid personality disorder

- B) Posttraumatic stress disorder
- C) Anorexia nervosa
- D) Mental retardation
- E) Unemployment
- F) Coronary artery disease

16.

A psychiatric mental health nurse is providing care for a patient with a mental disorder. The patient is participating in the decision-making process. The nurse interprets this as which component of recovery?

- A) Self-direction
- B) Empowerment
- C) Person-centered
- D) Holistic

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17.

A nurse is explaining recovery to the family of a patient diagnosed with a mental disorder. Which statement would be most appropriate for the nurse to include about this process?

- A) It is a step-by-step process from being ill to being well.
- B) The patient focuses mainly on the emotional aspects of his condition.
- C) The patient is helped to live a meaningful life to his fullest potential.
- D) Although peer support is important, the self-acceptance is essential.

18.

A psychiatric mental health nurse is preparing a presentation about recovery for a group of newly hired nurses for the mental health facility. Which of the following would the nurse identify as one of the most important concepts?

- A) Self-direction
- B) Peer support
- C) Respect
- D) Hope

19.

The nurse is reviewing the medical record of a patient and notes the information below. Which of the following would be found on Axis III? Select all that apply.

- A) Cocaine dependence
- B) Bipolar I disorder
- C) Chronic obstructive pulmonary disorder
- D) Cellulitis
- E) Homelessness

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- A) Cocaine dependence
- B) Bipolar I disorder
- C) Chronic obstructive pulmonary disorder
- D) Cellulitis
- E) Homelessness
- F) Arrest for cocaine possession with intent to sell

20.

A college-aged student and his friend arrive at the student health center. The friend reports that the patient has been having difficulties concentrating, remembering, and thinking. He's had quite a few research papers due this past week. After ruling out other problems, the nurse determines that the patient is experiencing a culture-bound syndrome. Which of the following would the

nurse most likely suspect?

A) Ataque de nervios

B) Brain fog

C) Mal de ojo

D) Shenjing shuairi

Answer Key

1. A

2. A

3. B

4. A

5. C

6. A

7. C

8. C

9. D

1

0.

D

1

1.

D

7. C

8. C

9. D

1

0.

D

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1.

D

1

2.

B



1

3.

C

1

4.

C

1

5.

B, C

1

6.

B

1

7.

C

1

8.

D

1

9.

C, D

2

0.

B

## Chapter 2 Cultural and Spiritual Issues Related to Mental

1.

When reviewing several studies about Hispanic Americans and their use of mental health care facilities, the nurse notes that this cultural group tends to use all other resources before seeking help from mental health professionals. Which of the following would the nurse identify as a reason for this belief about many mental health facilities?

A) Require periods of hospitalization

B) Do not provide 24-hour emergency services

C) Are not reimbursed by third party payers

D) Do not accommodate their cultural needs

2. A nurse is preparing a presentation about mental health problems associated with specific cultural groups. When describing mental health problems associated with Asian Americans, Polynesians, and Pacific Islanders, the nurse would address high rates of which of the following?

A) Schizophrenia

B) Manic disorders

C) Dementia

D) Suicide

3. The nurse is doing an assessment interview of a patient. During the interview, the patient comments, Our people are connected with nature. Our world, our seasons, and our weather they all have many lessons to teach us. The nurse interprets the patients statement as an expression of which of the following?

A) Religiousness

B) Tribal law

C) Spirituality

D) Ecological values

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4. A psychiatricmental health nurse is providing care to a patient who has recently emigrated to the United States from Eastern Europe. Which of the following would be least effective in providing culturally competent care?

A) Demonstrating a genuine interest in the patient

B) Avoiding assumptions about the patients culture

C) Speaking to the patient in his native language.

D) Acquiring information about the patients country.

5. A psychiatricmental health nurse working in a Veterans Administration Medical Center is meeting with a military wife who is an Asian American. The woman is to be joining a support group for wives of veterans who have posttraumatic stress syndrome. When asking her to describe her husbands mental health problems, which response would the nurse most likely expect?

A) Oh, he may seem depressed, but it is just a vitamin deficiency. It runs in his family.

B) I know the war messed his mind up. Hell never be the same.

C) Sometimes he hallucinates that he is back in Vietnam.

D) He just stays to himself; he never talks to me about what is bothering him.

6. A psychiatricmental health nurse is working with a patient who is being treated for depression. Which patient statement would indicate that her spirituality is intact?

A) My church friends came to visit me this past Sunday afternoon.

B) Nothing will ever be the same again; my life is not worth living.

C) I know I am as well off as I can be under the

6. A psychiatricmental health nurse is working with a patient who is being treated for depression. Which patient statement would indicate that her spirituality is intact?

A) My church friends came to visit me this past Sunday afternoon.

B) Nothing will ever be the same again; my life is not worth living.

C) I know I am as well off as I can be under the circumstances.

D) I know God must be punishing me for all my sins.

7. A patient is being treated for prostate cancer; his prognosis is very poor. The patient has a strong faith, and he has been active in his church for many years. He is concerned about his health and the challenges he faces as his cancer progresses. Which comment by the nurse reflects the most appropriate spiritual nursing intervention for the patient?

- A) Ill take you to visit my church if you can get a pass.
- B) You have to belong to the same church I do if youre going to go to heaven.
- C) Would you like me to bring you a guided imagery audiotape?
- D) We can pray together if youd like.

8. A psychiatricmental health nurse is teaching a class about social factors associated with mental illness at a community health center. When describing the influence of poverty and effects of the downward economic spiral on mental health, which population would the nurse identify as being the most at risk?

- A) Older adults
- B) Individuals with physical disabilities
- C) Single-parent families
- D) Homeless individuals

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- C) Single-parent families
- D) Homeless individuals

9. During an assessment, the patient states, We rely on our large extensive family for moral support and help and we treat our elders with a great deal of respect. If someone gets sick, the family takes care of him. The nurse interprets this as indicating which of the following?

- A) Acculturation

- B) Cultural identity
- C) Cultural competence
- D) Linguistic competence

10.

Within the context of the culture of poverty, which of the following most clearly describes why individuals who are part of this culture become trapped in a downward economic spiral?

- A) Unemployment causes poverty; a lack of willpower and motivation can, in turn, cause unemployment in people who do not have a strong work ethic.
- B) Individuals lack the finances to pay rent, so they eventually do not have an address to use in filling out job applications.
- C) Characteristics of poverty (joblessness and lack of financial independence) can, in turn, contribute to attributes (feelings of powerlessness and low self-esteem) that sustain poverty.
- D) Poverty is passed on from generation to generation; individuals learn at an early age that there is no way to escape living in poverty.

11.

A group of nursing students are reviewing information about spirituality and religiousness. The group demonstrates understanding of these concepts when they identify religiousness as which of the following?

- A) Feeling of connectedness
- B) Way of interpreting life events
- C) Relationship with a unifying force
- D) Community participation in common worship

12.

A nursing instructor is preparing a class about rural cultures and the influence on mental health problems.

Which of the following would the instructor include as impacting the use of mental health services for this group? Select all that apply.

- A) Limited access to care
- B) Lack of available resources
- C) Geographical similarities
- D) Diverse cultural groups
- E) Consistency in treatment approaches

13.

A psychiatric mental health nurse is working on developing cultural competence. Which of the following would be most appropriate for the nurse to do?

- A) Research information about the cultures of the population being served after assessing the patients.
- B) Recognize that one's own culture is the predominant way of addressing a patient's health care needs.
- C) Assume that any individual of a racial or ethnic group is the same as another individual in that group.
- D) Demonstrate an appreciation of and a genuine interest in the individual and his or her cultural beliefs.

- B) Recognize that one's own culture is the predominant way of addressing a patient's health care needs.
- C) Assume that any individual of a racial or ethnic group is the same as another individual in that group.
- D) Demonstrate an appreciation of and a genuine interest in the individual and his or her cultural beliefs.

14.

During assessment, a patient tells the nurse that he follows Buddhist beliefs. The nurse would integrate understanding of which of the following when developing the patient's plan of care?

- A) Desire is the cause of all human suffering and misery.
- B) Self-indulgence is necessary to reach nirvana.

- C) Present behavior is based on current unhappiness.
- D) Salvation is achieved through faith and humility.

15.

After teaching a group of students about the beliefs associated with the major religions, the instructor determines that additional teaching is needed when the students identify which belief as associated with Confucianism?

- A) People are born good.
- B) People are assigned to castes.
- C) Authority figures are respected.
- D) Self-responsibility leads to improvement.

16.

During an interview, a patient states, God does not exist for me. The nurse interprets this statement as reflecting which of the following?

- A) Animism
- B) Agnosticism
- C) Atheism
- D) Polytheism

17.

After reviewing the major beliefs of Hinduism, a nursing student identifies the following castes. The student demonstrates understanding by identifying which of the following as the highest caste?

- A) Kshatriyas
- B) Vaisyas
- C) Brahmins
- D) Untouchables

18.

The nurse is assessing an Asian American patient. During the interview, the nurse determines that the patient likely follows Taoism based on which statement?

- A) Purity and balance guide all of my actions.
- B) I strive to be in happy harmony with nature.
- C) Natures powers must be respected in life.
- D) God is worshipped out of love, not fear.

### Answer Key

- 1. D
- 2. D
- 3. C
- 4. C
- 5. A
- 6. C
- 7. D
- 8. D
- 9. B
- 1
- 0.
- C
- 1
- 1.
- D

- 7. D
- 8. D
- 9. B
- 1
- 0.
- C
- 1
- 1.
- D
- 1
- 2.
- A, B, D
- 1



3.

D

1

4.

A

1

5.

B

1

6.

C

1

7.

C

1

8.

B

### Chapter 3 Patient Rights and Legal Issues

1.

A nurse is explaining advance care directives, or living wills, to a patient and the patients spouse. Which of the following would the nurse include in the description?

A) The document tells what treatment is to be omitted if the patient is unable to make the decision.

B) It requires that the patient sign the living will document while an attorney is present.

C) The patients physician must act as a witness when the patient signs the document.

D) An attorney draws up the papers to be given to the patient and his or her family.

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C) The patients physician must act as a witness when